



Tree Hugging

Why not hug a tree today
Or pat it on it's bark?
Give a tree a great big squeeze
At home or in the park.

Find the tree you like the best
And stand beneath it's shade.
Stretch your arms around its trunk
And hug until you fade.

Imagine the birds that have lived in
your tree,
Imagine the squirrel in its nest.
A tree is a home to all that come,
The perfect place to rest.

So put your arms around your tree,
Whether its short or tall.
Hug your tree - you'll feel so good,
Winter, spring, summer or fall.

~by Cheryl's Sweethearts ChildCare

Go for a walk or to a park to look for trees. Compare trees by sizes, colors, types of bark, types of foliage. You can even give the trees big hugs.

